

SOMBRILLA NEWS

Fall 2010

Tierra Colorada Guatemala,

Project Managers Paul Layte and Nancy Cowle have been involved with the Primary School in Tierra Colorada Guatemala for many years. Each year they travel to the community and work in the school teaching English, organizing sports and anything else that needs doing. For the last 3 years they have worked with Sombrilla to carry out their projects in Tierra Colorada.

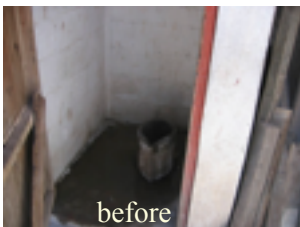


Two completed water filters

As well as work in the school Nancy and Paul have taken a course from CAWST in making biosand water filters, and have started to make waterfilters at the school. They plan to make the filters available at minimal cost to the community. It is expected

that with the water filters in place there will be a decrease in the incidence of gastrointestinal illness in the community and a decrease in school absenteeism.

Over the last few months Paul and Nancy have been working on improvements in the school. Work has been completed on replacing the existing washroom facilities with flush toilets, urinal, sink and new doors have been installed on the washrooms. This has greatly enhanced the hygiene standards at the school.



before



after

A new computer/laptop storage unit was constructed by a local welder and windows with bars have been installed in two classrooms to provide additional security for the laptop computers and other attractive items. The nearby medical/health center, motivated by our charitable efforts, has contributed time & materials to improve the kitchen/cooking facilities at the school. Mothers in the community use these cooking facilities to provide a snack for all students three times per week



New Kitchen facilities

Thank-you to The Government of Alberta and The Monsignor Irwin International Development Fund for their support of this project

Visiting Yurac Yacu by Sarah Cashmore

This past summer my husband Jeff and I travelled to Peru, partly on a hiking holiday, and partly to visit and plan for Sombrilla's newest project, the Yurac Yacu Project. Yurac Yacu is a sector which encompasses the upper parts of two adjacent communities, Rivas and Cachipampa. The people of Yurac Yacu live in closer proximity to each other than to the remainder of their respective communities. They also lack many of the services such as schools, clinics, decent roads and water systems available to those who live lower in their communities.

The area is a destination for mountain enthusiasts from around the world who come to climb and hike in the Cordillera Blanca mountains. There are great untapped possibilities for tourism in the community. Our partner organization, Andean Alliance has



Jeff and I help with building

started several projects in the area and hopes to be able to increase incomes in the community through the construction of the Yurac Yacu Community Business Centre for Human Development.

The centre will include space for community members to run small tourism related businesses such as a cafe and an expedition services office. There will also be a library/learning centre with computers and internet connection which will also serve as a meeting space for training and educational programs and there will be community showers. Although funding is still needed for the greater project the community decided this year to go ahead with the first stage and to build a room that will house the educational projects.

Funds for this part of the project were raised by Andean Alliance and the community residents are donating time and resources on a sweat equity basis. We were lucky enough to be in the community as this building went up this summer and to be able to spend a day working with community members on the construction. This room will be complete and in use for the children's classes by the end of this month.



The walls go up on the first room of the community centre

For just over a year Andean Alliance has been running supplemental education programs in the community. There is a three day a week early childhood stimulation program and preschool and two after-school classes per week for older children one in Spanish and one in English. We were able to help out with teaching in both programs during our stay and really enjoyed working with the children and getting to know them. Sombrilla's project will also support programming for the children. Since our return we have received several donations that will go to provide new books and toys for the classroom.



Andean alliance volunteer Andrea works with preschool children

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Water for all in Huayllacocho Peru

For five years now Sombrilla has been working with the people of Huayllacocho Peru and partner organization Centro de Medicina Andina to bring clean water to the community. Huayllacocho is a high Andean village about a 2 hour journey away from Cusco. The water supply in the village was dwindling and the water was untreated leading to gastrointestinal illnesses. Originally we had planned to bring water to the community from springs above the village, but that plan had to be reworked as the springs started to dry up. The regional government, under pressure from the community to help, put in a basic water and sewage system. The new system still did not provide water to all residents and often left the village with no water at all. A new project plan was put in place and the water was to be brought from a lake in association with a Peruvian government megaproject, Megaproyecto Sambor Haypo. We then had to wait for the government to build the dam needed to supply the water. This project was held up for about a year due to massive flooding in the region. Finally this spring the dam was completed and work started on the Sombrilla project. A pipeline was constructed bringing water from the lake to the community. A water storage and treatment facility was built and a closed water system bringing the water into homes was put in place.



Construction of the water treatment facility

All residents of Huayllacocho now have clean water in their homes 24 hours a day. The water is filtered and treated with chlorine and is in accordance with World

Training was given to community members who will,



The finished water treatment facility

illness as well as serious diseases such as hepatitis and typhoid.

under the direction of a technician from the District of Huaracundo, maintain the system. We expect the new water system to lead to a reduction in parasite infections and gastrointestinal

In an earlier stage of the project almost 10,000 indigenous plants were planted to help to conserve moisture within the village. A year later the plants are growing well and being cared for by school children, community groups and families.



Planting in Huayllacocho

Thank-you to all who supported this project. Although it has taken a very long time to complete, the project has been highly successful and will continue to improve the standard of life for the people of Huayllacocho for many years.

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We would like to thank the Government of Alberta and the Monsignor Irwin International Development Fund for their support of the Peru Water Project

Cooking Peruvian by Sarah Cashmore

While my husband and I were staying in the community of Yurac Yacu this summer five of our friends joined us for some trekking in the mountains.



Karen and Pascuala make sopa de cuy

Karen became a big fan of cuy, or guinea pig, a traditional andean food, and she talked one of the local women, Pascuala, into teaching her to make cuy soup.

Recipe on page 4

Sombrilla Calendar of Events

Sept. 17. 11 am to 1 pm The Sombrilla display will be at the Stand Against Poverty event on the University of Alberta Campus

Sept 24. from 6 to 10 pm The Sombrilla display will be at Alberta Council for Global Cooperation's Stephen Lewis Keynote Address Alberta Council for Global Cooperation is thrilled to announce that Stephen Lewis - one of Canada's most influential commentators on human rights, social affairs and international development, as well as the author of the bestselling Race Against Time - will be delivering a presentation on Youth Engagement and Civil Society space. There will be a fair trade wine and cheese reception before Mr. Lewis' address, which will showcase some of the amazing international work being done by many Alberta based non-profit organizations. The reception will be held in the Old Arts Building at the University of Alberta, with Mr. Lewis' address taking place in Convocation Hall. For ticket information see the ACGC website, www.acgc.ca

October 6th Sombrilla AGM and Potluck Dinner at 6 pm at Strathcona Highschool, 10450, 72 ave. Please enter by the front doors and follow the signs to the meeting. All Sombrilla members and supporters are welcome.

October 15th, Sombrilla Refugee Support Society House Concert Sombrilla presents Peruvian band De Menor a Mayor in concert on Friday October 15th. The concert will take place in the intimate setting of the home of local artists Bruce Wright and Jill Thomson, 9703, 81 Ave. We will be serving finger foods and wine. The concert is in benefit of the Yurac Yacu Community Development Centre for the communities of Rivas and Cachimpampas near Huaraz, Peru. Doors will open at 7 pm Music at 8 pm Tickets are \$40, and we will provide a tax receipt for \$25 To buy tickets or for more information please call Sarah (780)988-2976 Jill (780)433-4327 or email sombrillahome@gmail.com

October 30th Sombrilla Refugee Support Society International Dinner and Silent Auction Sombrilla's International Dinner and Silent Auction will be held at Holy Trinity Anglican Church, 10037-84th Ave. Enjoy an evening of fine food and conversation as you get to know your table hosts and learn more about the country they represent. Doors open at 6:30 pm and dinner will be served at 7 pm. Tickets are \$30 each For tickets or more information call Sarah (780)988-2976 Kath (780)430-0591 Or email sombrillahome@gmail.com

Nov 11 to Nov14th, Global Visions Film Festival. Look for Sombrilla in the Global Marketplace. We will be selling some beautiful crafts from Guatemala and Peru.

Nov 26 and 27 Just Christmas. Sombrilla have a table at Just Christmas. JUST CHRISTMAS is an Alternative Global Market Place where you can find unique gifts & support social justice. When you purchase a gift from the 30 different non-profit and charitable organizations in this market, the money you spend goes towards the building of healthy communities around the world. It's happening on Friday, Nov 26, 5:30-9 pm & Saturday, Nov 27, 9:30 am – 4 pm at the Alberta Avenue Community Hall (9210-118 Ave). For more information go to www.justchristmas.org or call 780-263-2552.

Adopt a Community YURAC YACU

Sombrilla Refugee Support Society, in partnership with Peruvian NGO Andean Alliance, is planning to complete construction of the Yurac Yacu Community Centre and to fund educational projects in the community. When you contribute monthly through the Adopt a Community fund you will be



Women at a community gathering

helping us to make this happen. About every two months you will receive an update from the community with news and photos. You may choose to receive your updates by e-mail or regular mail. You will receive a tax receipt for all contributions.

How to make your contribution

Choose one of the following three methods to make a monthly contribution to the Adopt a Community fund.

- Online: From our website, www.sombrilla.ca, under donate click on the Canada Helps button and choose donate monthly. Type Yurac Yacu Project in the text box
- Using postdated cheques (Please complete the form below and return.)

For more information go to www.sombrilla.ca, call Sarah at (780)988-2976

or email sombrillahome@gmail.com

Edmonton AB

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Yes, I would like to support the Yurac Yacu project through the Adopt a Community fund

Contribution, check one

\$10 per month \$25 per month

\$50 per month \$100 per month

other amount

Name

E-mail address

Mailing address

Please return to

Sombrilla Refugee Support Society
11424 77 Ave

This Christmas give a gift that will make a difference.

Sombrilla has a variety of gift cards to help you give a truly meaningful gift to your friends and family. When you make a donation in someone else's name you will receive your choice of cards and a tax receipt. Choose from The Gift of Education, The Gift of Opportunity, or The Gift of Clean Water.

You can find us this fall at Just Christmas and at the Global Visions Film Festival Global Marketplace, or contact us at sombrillahome@gmail.com or call Sarah at (780)988-29767



Yurac Yacu Project continued

Because our partnership with Southern organizations are usually long term it is important to look beyond the immediate projects and to do some long term planning. With this in mind Jeff and I met with the Community Directiva and asked them what they would like to see in their community over the next fifteen or twenty years. There were many ideas brought up and five main themes emerged. The community would like better access to schools, primary healthcare and potable water. They see improved roads as being a key component as a good road would allow public transit to reach them and they are very interested in increased small business opportunities in their community. They emphasized to us how important the community centre will be to them.



It was a wonderful experience to spend time in this community and to get to know the people. We look forward to continuing to work with Andean Alliance on the Yurac Yacu projects.

Sopa de Cuy, a Peruvian recipe from Yurac Yacu

Ingredients:

- * 2 cuyes (guinea pigs)
- * 1/4 cup oil
- * 6 cups water
- * 1/4 cup rice
- * 2 sliced carrots

Instructions:

1. Cut the cuyes removing the heads and feet, into eight pieces, remove skin.
2. Salt and fry for about five minutes in hot oil.
3. Drain fat and discard. Boil in water, along with the rice, carrots and potatoes, until they are completely cooked.
4. Season with oregano and salt.
5. Serve with onion hot pepper sauce, potatoes and hard boiled eggs.